



# STAYING HEALTHY & MINDFUL WHILE SOCIAL DISTANCING

- 1. Make meal planning and preparing part of your daily routine.**
- 2. Create balanced meals.** Think of the 5 food groups:  
<https://www.choosemyplate.gov/>
- 3. Make room for snacks and comfort food.** It's OK to enjoy snacks and treats during hard times, just be careful not to stress eat or over indulge.
- 4. Plan and incorporate activities to avoid stress eating.** Choose other ways to deal with stress: go for a walk, take a bath, set up a virtual meeting with a friend, meditate or work on a puzzle.
- 5. Take time to get some physical activity every day.** Get outside in more remote areas or set up space in your house to do some stretching or an exercise video.

